

MAKE
TODAY
 ← delightfully →
ADVENTUROUS



When you take preventive measures – like wearing the right protective gear for your sport, buckling your seat belt, and wearing sunscreen – you worry less when you set out on your next adventure.

Celebrate prevention

This month, arm yourself for good health by staying up-to-date with your immunizations and other preventive care, like eating right, staying active, and getting enough rest.

Get a flu shot.

Protect yourself from the flu with a flu shot.

Defense up.

Regular exercise (150 minutes a week) can help lower your risk of developing Alzheimer’s disease, diabetes, and stroke.

Take a chance on garlic.

Garlic contains more than 100 sulfuric compounds that work to fight bacteria and infection. Add garlic to your diet for an extra immunity boost.

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